

Clean  
**CLEAN**  
Clean  
Clean

YOUR  
**YOUR**  
YOUR  
YOUR

HANDS  
**HANDS**  
HANDS  
HANDS



**1**

Clean hands often  
with alcohol-based  
hand cleaner. Rub hands  
well until completely dry.

**OR**



**1**

Use antimicrobial soap  
and warm water when  
hands are visibly dirty.

**2**

Lather over hands,  
fingers, and nails.

**3**

Rinse hands  
completely.

**4**

Dry hands with paper  
towel or air dryer.

**5**

Turn off water with  
a paper towel,  
not bare hands.